

IN THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1.-29. (Canceled)

30. (Currently Amended) A method of using an [[An]] exerciser [[comprising:]] , the exerciser having a frame assembly including a base structure and an upright structure fixed to said base structure and extending upwardly therefrom, said base structure having downwardly facing surfaces for engaging a horizontal surface in supported relation thereon and being structured and arranged such that said exerciser is freestanding on the horizontal surface;

an exercising mechanism carried by said frame assembly;

upper user interconnecting structures coupled to said exercising mechanism and being selectively extensible by an exercise of a user from an operative position at an upper end portion of said upright structure;

lower user interconnecting structures coupled to said exercising mechanism and being selectively extensible by an exercise of a user from an operative position at a lower portion of said upright structure,

said exercising mechanism being structured and arranged to resiliently resist the movement of the upper and lower user interconnecting structures away from said exercising mechanism; and

a bench assembly being removably coupled to said frame assembly such that said bench assembly may be removed from said frame assembly and be securely attached to said frame assembly, said bench assembly being selectively pivoted to said frame assembly at a pivot end of said bench assembly so that said bench assembly may be moved between an operable position wherein the user may utilize said bench assembly for support, and a stored, upright position wherein a free end of said bench assembly that is opposite to said pivot end is adjacent to said upright structure, the method comprising:

a user selectively extending one of the upper and lower user interconnecting structures while the user is positioned on the bench assembly when the bench assembly is positioned in the operable position;

removing the bench assembly from the frame assembly; and
the user selectively extending one of the upper and lower user interconnecting
structures while the user is standing in the position previously occupied by the bench when
the bench assembly was in the operable position.

31. (Canceled).

32. (Canceled).

33. (Canceled).

34. (Currently Amended) An exerciser ~~according to claim 33~~, comprising:
a frame assembly including a base structure and an upright structure fixed to said base
structure and extending upwardly therefrom, said base structure having downwardly facing
surfaces for engaging a horizontal surface in supported relation thereon and being structured
and arranged such that said exerciser is freestanding on the horizontal surface;
an exercising mechanism carried by said frame assembly;
upper user interconnecting structures coupled to said exercising mechanism and being
selectively extensible by an exercise of a user from an operative position at an upper end
portion of said upright structure;
lower user interconnecting structures coupled to said exercising mechanism and being
selectively extensible by an exercise of a user from an operative position at a lower portion of
said upright structure,
said exercising mechanism being structured and arranged to resilient resist the
movement of the upper and lower user interconnecting structures away from said exercising
mechanism; and
a bench assembly being removably coupled to said frame assembly such that said
bench assembly may be removed from said frame assembly and be securely attached to said
frame assembly, said bench assembly being selectively pivoted to said frame assembly at a
pivot end of said bench assembly so that said bench assembly may be moved between an
operable position wherein the user may utilize said bench assembly for support, and a stored,
upright position wherein a free end of said bench assembly that is opposite to said pivot end
is adjacent to said upright structure,

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each of said upper and lower user interconnecting structures including a pair of pull lines, and

wherein each of said upper and lower user interconnecting structures includes a pair of hand or foot engaging devices, each of said hand or foot engaging device being configured for receiving a hand or a foot of a user.

35. (Canceled).

36. (Currently Amended) An exerciser ~~according to claim 30, comprising:~~
a frame assembly including a base structure and an upright structure fixed to said base structure and extending upwardly therefrom, said base structure having downwardly facing surfaces for engaging a horizontal surface in supported relation thereon and being structured and arranged such that said exerciser is freestanding on the horizontal surface;

an exercising mechanism carried by said frame assembly;

upper user interconnecting structures coupled to said exercising mechanism and being selectively extensible by an exercise of a user from an operative position at an upper end portion of said upright structure;

lower user interconnecting structures coupled to said exercising mechanism and being selectively extensible by an exercise of a user from an operative position at a lower portion of said upright structure;

said exercising mechanism being structured and arranged to resiliently resist the movement of the upper and lower user interconnecting structures away from said exercising mechanism; and

a bench assembly being removably coupled to said frame assembly such that said bench assembly may be removed from said frame assembly and be securely attached to said frame assembly, said bench assembly being selectively pivoted to said frame assembly at a pivot end of said bench assembly so that said bench assembly may be moved between an operable position wherein the user may utilize said bench assembly for support, and a stored upright position wherein a free end of said bench assembly that is opposite to said pivot end is adjacent to said upright structure,

wherein said bench assembly has a user supporting surface and a bench assembly support coupled to and extending from said user supporting surface, said bench assembly support being pivotably movable from a retracted position adjacent said user supporting

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surface and an extended position for supporting said bench assembly above the horizontal surface.

37. (Previously Presented) An exerciser according to claim 34, wherein said exercising mechanism includes a plurality of coil springs.

38. (Previously Presented) An exerciser according to claim 37, wherein said bench assembly has a user supporting surface and a bench assembly support coupled to and extending from said user supporting surface, said bench assembly support being pivotably movable from a retracted position adjacent said user supporting surface and an extended position for supporting said bench assembly above the horizontal surface.

39. (New) A method according to claim 30, further comprising:
reattaching the bench assembly to the frame assembly in the operable position; and
pivoting the bench assembly with respect to the frame assembly from the operable position to the stored, upright position.